



Australian Government

SITHCCC201 Produce dishes using basic methods of cookery

Release 1

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Modification History

The version details of this endorsed unit of competency set are in the table below. The latest information is at the top.

Version	Comments
1.0	E Replaces and is equivalent to SITHCCC005A Use basic methods of cookery. Title changed to better reflect the intent and content of the unit. Unit structure made consistent across all cooking units. Re-worked Elements, Performance Criteria, Required Skills and Knowledge to better articulate content. Any 'must' statements in Range moved to Required Knowledge and Critical aspects for assessment.

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to use a range of basic cookery methods to prepare dishes.

Application of the Unit

This unit applies to hospitality and catering organisations, and to cooks who usually work under the guidance of more senior chefs.

Licensing/Regulatory Information

No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

This unit must be assessed after the following prerequisite unit:

SITXFSA101	Use hygienic practices for food safety
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Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements and Performance Criteria

Elements describe the essential outcomes of a unit of competency. Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

1. Select ingredients.
 - 1.1 Confirm ***food production requirements*** from food preparation list and standard recipes.
 - 1.2 Calculate ingredient amounts according to requirements.
 - 1.3 Identify and select ingredients from stores according to recipe, quality, freshness and stock rotation requirements.
2. Select, prepare and use equipment.
 - 2.1 Select ***equipment*** of correct type and size.
 - 2.2 Safely assemble and ensure cleanliness of equipment before use.
 - 2.3 Use equipment safely and hygienically according to manufacturer instructions.
3. Assemble and prepare ingredients.
 - 3.1 Weigh and measure ingredients and create portions according to recipe.
 - 3.2 Prepare, cut and portion ingredients according to recipe and cooking style.
 - 3.3 Minimise waste and store reusable by-products.
4. Cook dishes.
 - 4.1 Use cookery methods for ***dishes*** following standard recipes.
 - 4.2 Complete cooking process in a logical and safe manner.
 - 4.3 Identify problems with the cooking process and take corrective action.
 - 4.4 Work cooperatively with colleagues to ensure timely preparation of dishes.
 - 4.5 Present dishes according to recipe.

Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

- initiative and enterprise skills to minimise wastage
- literacy skills to read menus, recipes and task sheets
- numeracy skills to:
 - calculate the number of portions
 - weigh and measure ingredients
 - determine cooking times and temperatures
- planning and organising skills to work in a logical and planned way
- problem-solving skills to respond to problems in the cooking process
- self-management skills to:
 - work safely in the kitchen
 - deal with pressure of work and kitchen conditions
- technology skills to use food preparation and cooking equipment.

Required knowledge

- characteristics of different food types, their use in different dishes and the effects of different cookery methods on those foods, including:
 - dairy products
 - dry goods
 - fruit
 - general food items:
 - batters
 - coatings
 - condiments and flavourings
 - garnishes
 - oils
 - sauces
 - meat
 - poultry
 - seafood
 - vegetables
- the meaning and role of mise en place in the process of preparing, cooking and presenting food
- culinary terms and principles and practices of different cookery methods including:
 - baking
 - blanching
 - boiling

- braising
- deep-frying
- grilling
- poaching
- roasting
- shallow frying:
 - pan-frying
 - sauté
 - stir-frying
- steaming
- stewing
- microwaving
- contents of stock date codes and rotation labels
- equipment used for cookery methods:
 - essential features and functions
 - safe operational practices.

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Overview of assessment

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the ability to:

- follow standard recipes for dishes that together use all of the following ingredients:
 - dairy products
 - dry goods
 - fruit
 - general food items
 - meat
 - poultry
 - seafood
 - vegetables
- complete mise en place activities for different dishes
- use a range of cookery methods to prepare dishes including:
 - baking
 - blanching
 - boiling
 - braising
 - deep-frying
 - grilling
 - poaching
 - roasting
 - shallow frying:
 - pan-frying
 - sauté
 - stir-frying
 - steaming
 - stewing
 - microwaving
- produce food for multiple customers within commercial time constraints
- integrate knowledge of:
 - major food types, culinary terminology and equipment as they relate to the required methods of

cookery

- features, functions and safe use of food preparation equipment
- food safety practices for handling and storing different food types.

Context of and specific resources for assessment

Assessment must ensure use of:

- an operational commercial kitchen with the fixtures, large and small equipment and workplace documentation defined in the Assessment
- Guidelines, including items for all defined cookery methods; this can be a:
 - real industry workplace
 - simulated industry environment such as a training kitchen servicing customers
- food preparation lists and standard recipes
- a variety of commercial ingredients
- industry-realistic ratios of kitchen staff to customers.

Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- direct observation of the individual cooking dishes
- evaluation of the taste and visual appeal of dishes prepared by the individual
- use of projects that allow assessment of the individual's ability to produce a variety of dishes for different occasions
- use of visual and taste recognition exercises so the individual can identify ingredient and product characteristics
- written or oral questioning to assess knowledge of culinary terms, quality indicators for dishes, equipment and cookery methods
- review of portfolios of evidence and third-party workplace reports of on-the-job performance by the individual.

Guidance information for assessment

The assessor should design integrated assessment activities to holistically assess this unit with other units relevant to the industry sector, workplace and job role, for example:

- SITHCCC204 Produce vegetable, fruit, egg and farinaceous dishes
- SITHCCC207 Use cookery skills effectively.

Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

Food production requirements may include:

- deadlines
- portion control
- quantities to be produced
- special customer requests
- special dietary requirements.

Equipment may include:

- bains marie
- blenders
- cooking ranges:
 - electric
 - gas
 - induction
- crockery
- cutlery
- food processors and mixers
- knives and knife sharpening equipment
- fryers
- grills and griddles
- microwaves
- ovens
- pans
- salamanders
- scales
- slicers
- steamers
- thermometers
- utensils.

Dishes may include:

- appetisers
- breakfast items
- café-style items
- dishes of limited complexity:
 - containing a small number of ingredients
 - requiring a single cookery method
- fast food
- partially-prepared items
- pasta dishes.

Unit Sector(s)

Hospitality

Competency Field

Commercial Cookery and Catering